

# 'MY FATHER DID NOTHING WRONG'

Canadian teen wants dad released from UAE prison **metroNEWS**

# Halifax metro

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One man's incredible  
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**metroLIFE**



Y...ews | MONDAY, DECEMBER 7, 2015

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Lennon, right, gets his photo taken with Santa at Homeward Bound City Pound. JEFF HARPER/METRO

## Here comes Santa Paws

Dartmouth animal shelter hosts annual Pets Pics to support furry friends looking for loving homes.

**metroNEWS**

## Donair status not 'pressing'

### COUNCIL

**Request absent from report, mayor open to proclamation**



**Zane Woodford**  
Metro | Halifax

Whether the donair will be proclaimed Halifax's official food rests in his hands, but Mayor Mike Savage said Sunday he's focused on more important matters.

A staff report headed to Tuesday's regional council meeting makes no recommendation, saying if council wants to make it official with the donair, it can just direct the mayor to make a proclamation.

"It's a serious thing, I get

that, but it's not that serious to me, and I don't think it's something that council is going to spend a lot of time worrying about," Savage said.

Coun. Linda Mosher asked for the staff report in October, arguing Halifax needed to wed the donair before another city put a tinfoil ring on it. She also argued that the greasy delicacy has a positive effect on Nova Scotia's international image, adding it's a driver of tourism.

A heated debate ensued, with other councillors arguing that the city should be focused on more serious subjects, but Halifax Regional Municipality council voted to have staff take a look at the topic.

The staff re-

port says the proclamation would basically be a "notice made by the mayor," and would have no legal effects.

Savage said if council wants him to make the proclamation, he will, but other matters are "more pressing."

"The donair's been a big part of Halifax for a lot of years," he said.

"But it's just not something I'm putting a lot of time into — except to wipe the sauce off my shirt every now and then."



METRO FILE



Actor portrayals.

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Halifax Regional Fire and Emergency Services members and Halifax Regional Police officers stand at attention to start the Halifax Explosion memorial ceremony at Fort Needham Park on Sunday. JEFF HARPER/METRO

## ‘A story of a community that refuses to be knocked down’

### HALIFAX EXPLOSION

#### Ceremony remembers loss of 2,000 people



**Zane Woodford**  
Metro | Halifax

Hundreds of people turned out to Fort Needham Park on Sunday to mark the 98th anniversary of the Halifax Explosion.

But only one of them was alive when it happened.

Cecilia Coolen was 10 days old on Dec. 6, 1917. She was one of the lucky ones, found alive underneath her crib.

Nearly 2,000 Haligonians died that day, and 9,000 more were injured after two ships — the Imo and the Mont Blanc — collided in the harbour, causing an explosion that levelled part of the city.

On Sunday, politicians from Halifax Regional Municipality and the province, military members, police and firefighters, came together to pay tribute to those who lost their lives 98 years ago, and the survivors, like Coolen, who rebuilt

the city.

“It’s obviously a sad occasion, but it’s also a story of a community that refuses to be knocked down,” Mayor Mike Savage said at the ceremony.

“It is a big testament to the people who survived that explosion that this city today is thriving and that in two years, we will celebrate and commemorate 100 years of resilience and the tragedy of 1917,” he said.

Preparations for the 100th anniversary are already under-

way, with the city making upgrades to Fort Needham Park.

Savage also told the crowd at the park Sunday that the mayor of Boston told him he’d like to be a part of that ceremony as well.

Halifax’s mayor was in Boston for this year’s lighting of the Christmas tree sent from Nova Scotia annually to thank that city for its help following the explosion.

Coun. Jennifer Watts spoke at the ceremony as well, tying the disaster in Halifax to the refugee crisis happening today, and thanking people in Halifax who are sponsoring refugees.

“As we remember here our loss, a terrible accident that was a result of the conflict of the First World War,” she said.



**Cecilia Coolen**, a Halifax Explosion survivor, watches the ceremony. Mayor Mike Savage paid Coolen a compliment during his speech: “She looks pretty good doesn’t she?” JEFF HARPER/METRO

“We also remember people who today are affected by the devastation of war in many countries around the world — people who are experienced in

the loss of family members and friends and the destruction of their communities, just as our community experienced this almost 100 years ago.”



**Those people stay in our hearts and they always will, and we commemorate them with great reverence today.**

Mike Savage



## MILITARY

## Alleged sex assault on ship stirs probe

The commander of the Royal Canadian Navy on the Atlantic coast confirmed Friday that military police are investigating an alleged sexual assault involving one male attacking another aboard HMCS Athabaskan.

Rear Admiral John Newton said the incident is alleged to have happened Nov. 10 while the destroyer was docked in Rota, Spain, during a NATO exercise. The ship typically has about 250 sailors aboard.

The two sailors in question are junior members of the ship's company, he said.

"In this case, we have a same-sex event report," Newton said.

The sex of those involved "doesn't matter the least bit in our mind. ... It's always about bringing balance across gender identities," said Newton, commander of Maritime Forces Atlantic.

No one has been charged and none of the allegations have been proven in court.

Capt. Joanna Labonte, a military spokeswoman, says the Canadian Forces National In-

vestigation Service was called in Nov. 10.

The Iroquois-class ship returned to Halifax late last month after participating in multinational exercises as part of Trident Juncture. The exercise involved several other Royal Canadian Navy vessels, including HMCS Halifax, Goose Bay, Summerside, Winnipeg and Windsor.

The military launched a review last year after media reports into what appeared to be a major discrepancy between official records of sexual assault cases and what was actually happening inside the Canadian Forces.

In May, the federal government accepted all 10 recommendations from a hard-hitting report by a retired Supreme Court of Canada justice on sexual misconduct in the military.

The report by Marie Deschamps recommended, among other things, that an independent agency be set up outside the military chain of command to handle sexual misconduct complaints.

THE CANADIAN PRESS



HMCS Athabaskan METRO FILE

## DARTMOUTH

## Fallen pipe behind natural gas leak

Residents at a Dartmouth building are allowed back inside after being evacuated by fire fighters due to a natural gas leak.

Cody Dillman said he came home to his apartment at 117 Albrow Lake Rd. around 11:30 a.m. on Saturday when he noticed he could smell gas.

"I immediately told my girlfriend to pack up the baby and pack up the stroller," said Dillman.

Dillman said he then called the fire department, who came to the scene.

Halifax Regional Fire and Emergency Services Capt. Jim Pittman said that upon arrival, there was no smell of natural gas outside the building, but there was a strong smell inside. They evacuated the building

and shut off the natural gas.

Halifax Fire then called Halifax Regional Police and Heritage Gas and had a Halifax Transit bus arrive for the residents to sit in to keep warm.

"The problem turned out to be the exhaust (pipe) on the furnace fell off," said Pittman. "With the furnace running, it filled the entire building with carbon monoxide."

Pittman said the readings of carbon monoxide in the building were high enough to be fatal.

"If this had happened at night with people sleeping and not noticing it, it might have been a different story."

Halifax Fire ventilated the building until it was safe for residents to go inside.

REBECCA DINGWELL/FOR METRO



At the Halifax North Library on Saturday, Solidarity Halifax member Evan Coole speaks about running for city council.

REBECCA DINGWELL/FOR METRO

# Solidarity Halifax jumps into politics

## CITY COUNCIL

## Cole to seek District 8 - Peninsula North seat



Rebecca Dingwell  
For Metro | Halifax

Solidarity Halifax, a local anti-capitalist group, is putting forth a candidate for municipal council.

Solidarity Halifax co-ordinator Lesley Thompson said Saturday the group has been working on community projects since it was founded about four years ago.

She explained the group

made the choice to get involved in Halifax Regional Municipality politics to make a difference in the day-to-day lives of locals who are oppressed.

"It's people who are at the margins, who are most directly and immediately affected by decisions that are made at city hall," Thompson said.

The group held an event at Halifax North Library on Saturday to introduce their candidate, Evan Coole, who is running for District 8 — Peninsula North.

"The elite has fought hard to lower our expectations of every level of government and this is most true at the level of the city," Coole told a room of more than 50 people. "You can see this in how few people vote in municipal elections."

### + ELECTION

#### Watts won't run in 2016

Coun. Jennifer Watts announced this fall she will not be running again in Halifax's next municipal election, to be held in October 2016. METRO

Coole, a Halifax resident, is originally from Glace Bay. He believes his experience as a community organizer will make him an asset to council.

"We're not just building a campaign here; we're building community power," he said.

Coole told the crowd he has plans to push issues such as rent control and free public transit, ideas which were re-

ceived by applause.

"I'm willing to put myself out there as someone who not only cares about social, economical and environmental justice," said Coole, "but as someone who's willing to get the job done."

Thompson said although Coole is their candidate, Solidarity Halifax will be actively involved during the campaign, as well as afterwards.

"I think that's what's different about what we're doing," she said.

Thompson added they are running a campaign to win and they hope to have valuable conversations with community members along the way.

If elected, Coole will be taking the council seat now held by Jennifer Watts.

## TRURO

## Suspect escapes during transfer to van

Nova Scotia police are searching for a man they say escaped custody while being transferred to a sheriff's van in the parking lot of the Truro Justice Centre.

Nova Scotia justice officials say Marc Joseph Pellerin, 43,

was awaiting a court appearance on a variety of charges, including theft of a motor vehicle, theft over \$5,000, break and enter, possession of stolen property, evading police, unsafe storage of a firearm

and resisting arrest.

The Moncton man was being transferred from Shediac Jail in New Brunswick to Halifax for a Monday court appearance.

Authorities say Pellerin had previously escaped a police

vehicle in May.

Fred Hildebrand, of Nova Scotia's Department of Justice, says Truro Police, the RCMP and Sheriff Services are searching for Pellerin.

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## CRIME BEAT

**Bus strikes man on Barrington street**

Halifax Regional Police are investigating after a man was hit by a Halifax Transit bus downtown.

At around 9:26 p.m., police responded to Barrington and Prince streets for a report of a pedestrian and vehicle collision.

Police say a 57-year-old man was getting into a parked car on the east side of Barrington Street. A bus, travelling north on Barrington, struck the man as it went by the parked car.

The man was taken to hospital by ambulance. His injuries were not life-threatening and no one else was injured.

METRO STAFF

**Man robs woman after knocking her down**

Police say a woman in Dartmouth was robbed and knocked to the ground Thursday night.

On Friday, a woman called Halifax Regional Police to report the incident she said happened at about 9:30 p.m., while she was walking in the area of Alderney Drive and Geary Street.

A man came up behind the woman, knocking her to the ground, according to a police news release.

The suspect grabbed her wallet, removed the money and threw the wallet on the ground. The suspect ran away and the 24-year-old woman was not hurt in the assault.

METRO STAFF

**Woman, 21, pushed and robbed on boardwalk**

Police say a woman was pushed to the ground and robbed along the Halifax boardwalk Thursday evening. Around 6:10 p.m., Halifax Regional Police responded to the area near 1496 Lower Water St. after the robbery.

The 21-year-old victim told police she was walking north along the boardwalk when she was pushed to the ground from behind. A man pulled her purse off her shoulder and ran away, police said. The purse is described as a black shoulder-style bag with a white Bentley logo on it.

The suspect is described as a light-skinned black man, five-foot-10, with an athletic build. He was wearing a Tap Out zip-up hooded sweater with dark pants, and a white flat-brim hat.

METRO STAFF



Brandon Macleod poses with a new gaming system presented by the Children's Wish Foundation. REBECCA DINGWELL/FOR METRO

# Children's Wish makes boy's dream come true

## CHARITY

## Dartmouth teen with heart disease gets gaming system



Rebecca Dingwell  
For Metro | Halifax

Brandon Macleod is a teenage video-game fanatic whose wish came true.

On Friday afternoon, the Auburn Drive High School student was presented with a gaming computer system from the Nova Scotia chapter of the Children's Wish Foundation of Canada.

"I like gaming — it's kind of my passion, because I wasn't really able to do sports with my heart condition," the Cole Harbour teen said. "When I started getting into technology, it was kind of my thing."

Macleod was diagnosed with pulmonary atresia with intact ventricular septum (PA-IVS) when he was born. PA-IVS is a heart disease in which the pulmonary valve does not form properly.

Macleod's gaming gifts included a new computer, special desk and an Xbox One. Macleod named Battlefield and Call of Duty among his favourite games.

"(It feels) pretty amazing," he said after the presentation.

Kenny Dolomont of Computer Informatics Solutions



**I like gaming ... because I wasn't really able to do sports with my heart condition.**

Brandon Macleod

brought his technology expertise to the table when it came to granting Macleod's wish.

He explained how the gaming computer system differs from a run-of-the-mill computer.

"It's essentially the same; a little bit faster," said Dolomont. "It's able to produce better graphics, and in this case, he's going to use three screens."

Dolomont said he was happy to be able to help bring the system to Macleod.

"It's great to be involved in (Children's Wish)," he added.

Cheryl Matthews, Children's Wish director, said every wish is unique. In this case, though, Macleod knew exactly what he wanted. He was able to work with Dolomont to make it a reality.

"Together, they came up with the system that would work best and meet the needs of Brandon and what he really wanted to do — which is gaming," said Matthews.

"It's just a wonderful day, and he's going to have great days ahead and tons of fun."

Children's Wish is currently in the midst of their Holiday Wish-a-Thon.

## ENFORCEMENT

## Winter parking ban from Dec. 15

It's almost time to start moving your car off the road.

The municipal overnight winter parking ban will be in effect again this year starting on Tuesday, Dec. 15.

As in past winters, the ban will be enforced between 1 a.m. to 6 a.m. during declared snow and ice events and extended clearing operations.

In a news release, Halifax Regional Municipality said residents are encouraged to plan ahead when snow is in the forecast and find off-street parking for when the ban is enforced.

To help make sure the streets and sidewalks are properly cleared, the municipality says it will be stepping up winter parking enforcement in areas around hospitals and schools, bus routes and problem areas for snow equipment and emergency vehicles.

Police officers will also be ticketing vehicles obstructing sidewalk clearing, such as cars hanging out of driveways or parked on the sidewalk.

METRO STAFF

## LOBSTER SEASON

## Fishermen rescued from boat

Five lobster fishermen were rescued off southwestern Nova Scotia after their vessel began taking on water on Thursday night. Search and rescue officials received a mayday call from the vessel Sarah Elizabeth, which was near Clarks Harbour, around 7:30 p.m.

Coast Guard spokesperson Steve Bornais said the boat was about six nautical miles from the West Head Wharf when the incident occurred.

Bornais said the fishermen were rescued by the crew of the fishing vessel Three Rascals before search and rescue assets could respond.

The fishing vessel was then escorted to port by the Coast Guard cutter Clarks Harbour.

On Monday, the first day of the season, a 53-year-old Cape Breton fisherman died after he fell into the water from the boat he was working on.

In a separate incident the same day, two other fishermen also fell overboard off southwestern Nova Scotia but were rescued.

YARMOUTH VANGUARD



# Furry friends Homeward Bound for Santa pictures

## DONATION DRIVE

### Shelter invited pets for photo sittings with Saint Nick



**Zane Woodford**  
Metro | Halifax

While some people brought their kids to malls to see Santa over the weekend, others brought their fur-kids to meet Santa at a Dartmouth animal shelter.

It was the second year for Homeward Bound City Pound's Pet Pictures with "Santa Paws" event, which gives dog owners the chance to bring in their pets for a portrait with the big guy. In exchange, the dog owners were asked to make a donation of toys, treats or money to the shelter.

Sarah Lyon brought her dog, Roxy, in for a photo Sunday with Santa.

"I think at the holiday time we remember everybody, big and small, and four-legged," she said.

"This is a nice way to do that, and a nice treat for the dogs that do get the donations who might be here over Christmas waiting for their forever home."

Lyon adopted Roxy after Homeward Bound put her in



**I love seeing them come back and knowing they're happy.**

Sarah Wilson,  
pound employee



touch with a rescue organization, and like many other people, she's happy to have an excuse to come back to the shelter.

Many of the dogs coming in to see Santa were adopted from Homeward Bound. For the staff there, the event is a way to see the dogs they used to care for.

Sarah Wilson works at the shelter, and said she loves seeing the dogs come back happy.

"That's what we strive to do, find them their perfect home," she said Sunday. "When we see that we found it, it makes you feel really good."

The shelter's volunteer photographer came up with the idea, and Wilson thinks it's become an annual event.

She said the donations will mostly go to animals already at the shelter, but whatever isn't used there will go to rescue organizations that Homeward Bound works with.



**TOP: Eddie shares a moment with Santa Paws at Homeward Bound City Pound in Dartmouth on Sunday. BOTTOM: Spirit has his photo taken with Emma and Chloe Walsh.**

JEFF HARPER/METRO

## LABOUR

### Union pushes vote on government pitch into 2016

Nova Scotia's largest public-sector union on Thursday pushed a ratification vote on a tentative contract into the new year, saying its membership needed more time to consider the government's offer.

The Nova Scotia Government and General Employees Union had delayed a vote scheduled for this week after the province's 9,000 teachers rejected a similar tentative deal on Tuesday.

Union president Joan Jessome said the decision to delay the vote until mid-January was made during a conference call

with the union's executive and bargaining committee.

Jessome said the union wants to take more time to hold information meetings with its locals before putting the contract offer to a vote.

She said a government ultimatum demanding that a vote be held by Monday has caused anger among union members. "There is a lot of uncertainty and a lot of mistrust," said Jessome.

The government has backed away from the demand, saying they wanted to take time to

consider their options and to encourage a vote by the NSGEU.

Premier Stephen McNeil has said legislation is one of the options under consideration to end the impasse with both unions.

Deputy premier Diana



**There is a lot of uncertainty and a lot of mistrust.**

Joan Jessome, union  
president

Whalen wouldn't say Thursday whether legislation was imminent, but she welcomed word from the union that there would be a vote.

"They are outlining a time frame at least for bringing it to a vote, so I think we are in a positive situation right now and we want to see how that plays," she said.

Jessome acknowledged that the union is taking a calculated risk in extending the delay.

"If legislation comes in then we will deal with it in whatever way we need to," she said.

"Right now we are going to go to the membership and follow the collective bargaining process."

The NSGEU's tentative deal includes a wage freeze in the first two years, a one-per-cent raise in the third, a 1.5 per cent raise at the start and 0.5 per cent at the end of the fourth year.

It would apply to members of the civil service including sheriff's deputies, correctional officers, administrative personnel, social workers and probation officers.

THE CANADIAN PRESS

## CRIME

### Man faces child-porn charges

A New Minas man is facing child porn charges after police searched a Nova Scotia home.

On Thursday, the RCMP Provincial Internet Child Exploitation (ICE) unit used a search warrant on a home in New Minas, with assistance from the technological crime unit and New Minas RCMP Detachment.

According to an RCMP news release, 42-year-old Andrew Coolen was arrested at the residence without incident and has been charged with possession of child pornography and making available child pornography.

He was released from custody and is scheduled to appear in Kentville provincial court Feb. 29, 2016.

Police encourage citizens to report any suspected child porn offences to their local police, or use Canada's national tip line at [www.cyber-tip.ca](http://www.cyber-tip.ca). METRO STAFF

## HIT AND RUN

### Suspect vehicle found

RCMP located the suspect vehicle Thursday night that was involved in the hit-and-run incident which damaged three cars on Main Street in front of the Yarmouth YMCA, on Dec. 2 around 8:30 p.m.

Cpl. John Stoddart, with the Yarmouth town detachment, says media coverage and witness statements have helped significantly with the investigation.

The 1993 Chevrolet pick-up truck was located in Overton and has been taken to the Yarmouth County RCMP detachment for examination.

The owner is being sought for questioning.

Some of the vehicles were not hit directly by the hit-and-run driver, but were shoved into others, causing significant damage. One of the vehicles was occupied at the time.

A 16-year-old was examined on the scene by EHS paramedics and then released. His mother sustained injuries to her back.

Anyone with information on this incident is requested to call the Yarmouth Town detachment at 902-742-8777.

THE YARMOUTH VANGUARD



## UNITED ARAB EMIRATES

## Teen urges Liberals to help release dad

An Ontario teen is calling on the new Liberal government to secure the release of her father, who has been languishing in a United Arab Emirates prison without charge for more than a year.

Marwa Alaradi has written to Prime Minister Justin Trudeau and every MP on Parliament Hill asking for Canada to intervene in her family's ordeal.

"We want them to negotiate with the U.A.E., to understand what's going on," she told The Canadian Press in an interview. "I showed them that I need help."

Salim Alaradi, a 46-year-old Canadian of Libyan origin who was running a business in Dubai, was abruptly detained without explanation in August last year.

His daughter now hopes an intervention from the federal government may help set her father free.

"It's not a case of a criminal, my father did nothing wrong, he was a normal person."

Alaradi was born in Libya and immigrated to Canada from the U.A.E. in 1998, living in Vancou-

ver with his family. He decided to return to the U.A.E. in 2007 to run a home appliance business with his brother.

He and his family were on vacation in the U.A.E. when he was arrested. For two months his family didn't know if he was dead or alive. They then found out he was being held at an Abu Dhabi prison, though they have never been told why.

The family's communication with Alaradi has been limited and they have expressed concerns that he is being mistreated behind bars.

Amnesty International has noted that Alaradi was among 10 men of Libyan origin reportedly detained in the U.A.E. at the same time.

A development this month, however, is being seen as a sign of progress. Alaradi was recently seen by a state-assigned lawyer and his file was transferred to the prosecutor general's office, marking what the family believes is the first sign of legal advancement in his case, his daughter said. THE CANADIAN PRESS

**“My father has been going through injustice for more than a year now.”**  
Marwa Alaradi



Canadian Salim Alaradi and his son, Mohamed Alaradi are shown on a family vacation in the United Arab Emirates in a 2013 family photo. THE CANADIAN PRESS

### IN BRIEF

#### McKenna to serve as COP21 facilitator

Federal Environment Minister Catherine McKenna has been named to a group of 14 international ministers who will serve as facilitators of the COP21 climate conference in Paris. The group was created to assist French Foreign Affairs Minister Laurent Fabius, the conference's president.

THE CANADIAN PRESS

#### Clark says Trudeau legitimizing unaccountable Senate

Christy Clark says the new

process for appointing senators on merit will give legitimacy to an unelected, unaccountable upper house in which her province will remain grossly under-represented. B.C. gets only six senators in the 105-seat chamber, although it's the third largest province with a population of about 4.7 million. By contrast, the three tiny maritime provinces, with less than two million people combined, are entitled to 24 senators, as are Ontario and Quebec.

THE CANADIAN PRESS



A motorist attempts to move his car in Halifax on March 18, 2015. Weather-related challenges will no doubt face many of the 25,000 Syrian refugees the federal government has committed to bring to Canada by early next year. THE CANADIAN PRESS FILE

# It's a shock to arrive in winter: Refugees

## WEATHER Agencies collecting coats, gloves, hats, boots

It was a frigid February in 1985 when Getachew Woldeyesus arrived in Saskatchewan as a refugee.

The young man from Ethiopia stayed inside for two months.

"Because you don't know, is it slippery out there? Are you wearing the right shoes? It's freezing out there, so I was afraid to go out," Woldeyesus recalled in an interview with The Canadian Press.

Weather-related challenges

will no doubt face many of the 25,000 Syrian refugees the federal government has committed to bring to Canada by early next year. Social agencies, church groups and private citizens across the country have been organizing donations of clothing with an emphasis on coats, gloves, hats and winter footwear.

Woldeyesus was 19 when he fled his home country in 1980 because of a civil war. He spent a few days in Sudan and a few years in Italy before finally being approved to resettle in Canada.

It was difficult to leave his family behind and make the dangerous journey.

When he finally got to Regina, Woldeyesus received support from the Regina Open Door Society. A volunteer mentor

helped him get through the winter.

"The volunteer was more encouraging and he was more supportive. He was always with me and trying to show me how to dress properly for winter. Also, Open Door provided a lot of information so, using that, I was able slowly to go out," said Woldeyesus, who is now the society's manager of settlement and family services.

"The first winter was better. The second ... you started getting used to it. But of course it's shocking for the people to arrive in winter."

Ali Abukar agrees.

Abukar fled Somalia and lived in Egypt as a refugee before arriving in Canada in 2011. He lived in Ontario before mov-

ing to Saskatoon in the winter of 2013.

"I think what also made it very difficult for me was the wind chill," he said.

Abukar, who is now executive director at the Saskatoon Open Door Society, said sometimes refugees and immigrants don't know what clothes to wear in the winter.

"We bring nurses or people who can talk about the problems that people can get exposed to if they don't dress properly," said Abukar.

"And we even demonstrate how to dress up, how to put those extra layers to make sure that you don't have some of the wet parts of the weather sneak into your body."

THE CANADIAN PRESS

### TRANSPORT CANADA INTELLIGENCE

## Report claims extremists could use peaceful demonstrations as cover

Intelligence officials are concerned that extremists might infiltrate peaceful anti-petroleum protests to "incite violence," a newly disclosed assessment indicates.

The federal analysis of threats to the passenger rail system introduces a new twist to the often tense debate over state scrutiny of environmental demonstrators — that otherwise harmless activists might unwittingly harbour dangerous terrorists.

The assertion — contained in a Transport Canada intelligence report — led one defender of civil liberties to ask whether there is evidence to support it.

"I do think it's dangerous to start painting activism as a potential cover for terrorist activities," said Cara Zwibel, director of the fundamental freedoms program at the Canadian Civil Liberties Association.

The Canadian Press recently obtained a copy of the six-page, November 2014 analysis

by Transport's security intelligence assessment branch through the Access to Information Act.

Overall, the assessment warns that surface transportation such as passenger rail is "a favoured target of terrorists" because attackers can inflict mass casualties, fear and economic harm using simple tactics — particularly improvised explosive devices.

But it also cites the prospect of violence by so-called

domestic extremists — people on the left or right end of the spectrum motivated by various political, social, environmental and aboriginal issues. Possible attacks or sabotage against rail transportation "are of concern," the assessment says.

Zwibel is concerned that authorities could use the notion of infiltration as justification "to engage in surveillance or profiling of legitimate, non-violent activist groups."

THE CANADIAN PRESS



## UNITED STATES

## Obama address to focus on security

In a rare Oval Office address, U.S. President Barack Obama on Sunday night was expected to urge Americans not to give into fear following attacks in Paris and California, while trying to assure the public he takes the threat of terrorism seriously.

Obama was not expected to announce major policy changes for targeting the Islamic State of Iraq and the Levant (ISIL) extremist group. Administration officials said his remarks were to focus on how the threat has evolved and what steps the government is taking to keep Americans safe.

Attorney General Loretta Lynch said in an interview with NBC that Obama may ask Congress "to review measures and take action" to safeguard national security, though she did not offer specifics.

She suggested he might reiterate his call for stricter gun laws. "Dealing with guns is one way to handle the violent



U.S. President Barack Obama  
THE ASSOCIATED PRESS

crime issues that we have in this country," Lynch said.

Obama has made televised statements from the Oval Office just twice, the last in 2010.

His speech comes amid criticism that he has underestimated the threat from an extremist group that claimed responsibility for last month's deadly attacks in Paris.

THE ASSOCIATED PRESS

# Wife may have radicalized spouse

## SAN BERNARDINO

## Investigators eye woman as driving force behind plot

Investigators are looking into whether Tashfeen Malik radicalized her American-born husband and was the driving force in the San Bernardino, Calif., massacre plot, two officials said Sunday.

That possibility emerged late last week when it was disclosed Pakistani-born Malik had pledged allegiance to the Islamic State of Iraq and the Levant (ISIL) group in a Facebook post at about the same time she and husband Syed Farook launched the commando-style attack Wednesday that left 14 people dead and 21 others injured at a holiday luncheon.

Federal investigators Sunday tried to establish what pushed the couple to carry out what appears to be the deadliest attack on American soil by Islamic extremists since 9/11.

"I think I can't say definitively right now what led either of these two to pick up guns and become murderers. I consider that as the focus of our investigation," Attorney General Loretta Lynch said on NBC's Meet the Press.



People pay respects Sunday at a makeshift memorial honoring the victims of Wednesday's shooting rampage in San Bernardino, Calif. JAE C. HONG/THE ASSOCIATED PRESS

"We're looking at everything we can find out about these two killers' lives — how they grew up, where they grew up, how they met. All of those

things will provide us guidance," Lynch added.

One U.S. official said there appears to be nothing in Farook's history that would implicate him as the driver of the attack.

Separately, a law enforcement official said investigators are looking into whether Malik was radicalized in the Middle East, where she spent considerable time, and used her 2014 marriage to Farook to

penetrate the U.S. and commit jihad. But the official said it is only one among a number of theories being pursued.

Malik, 29, and Farook, 28, were killed in a furious shoot-out with police hours after they opened fire with assault rifles on a gathering of Farook's colleagues from the San Bernardino County public health department, where he worked as a restaurant inspector.

THE ASSOCIATED PRESS

## SYRIA

## Airstrikes hit ISIL's de facto capital

Airstrikes hit several positions of the Islamic State of Iraq and the Levant (ISIL) in its de facto capital of Raqqa, Syria, on Sunday, killing and wounding at least 32 people, opposition activists and social media pages loyal to ISIL said.

A Raqqa-based activist group that reports on ISIL, known as Raqqa is Being Slaughtered Si-

lently, said warplanes struck IS positions but had no word on casualties.

A Facebook page used by ISIL supporters said the airstrikes were carried out by Russian warplanes while the Britain-based Syrian Observatory for Human Rights said they are believed to be from the U.S.-led coalition. THE ASSOCIATED PRESS

**“She used to tell us that this is the real life. We are a nation that has strayed from the right path.”**

Tashfeen Malik's former classmate Afsheen Butt

## FRANCE

## National Front leads regional elections, projections say

Polling agency projections suggest the far right National Front took the lead in the first round of France's regional elections on Sunday, in a new boost for Marine Le Pen's anti-immigration strategy and a new blow to President Francois Hollande's Socialists.

The agencies Ifop, Opinion-Way and Ipsos based their projections on actual vote count in select constituencies. They projected the National Front won between 27 and 30 per cent support nationwide, followed by former president Nicolas Sarkozy's Les Republicains party and the governing Socialists.

The elections Sunday took place in an unusually tense security climate just over three weeks after deadly terrorist



Former French president and leader of Les Republicains party Nicolas Sarkozy and former first lady Carla Bruni-Sarkozy cast their ballots in Paris on Sunday. THE ASSOCIATED PRESS

attacks on Paris — a climate expected to favour conservative and far-right candidates.

While National Front had significant support Sunday, it's unclear whether the party can translate that into victory

in the second round of voting on Dec. 13 for leadership of France's 13 regions.

Les Republicains and its allies were projected to come in second place at around 27 per cent. THE ASSOCIATED PRESS



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National Guard soldiers monitor a polling station where a wall is covered with stencil paintings depicting the eyes of Venezuela's late President Hugo Chavez, during congressional elections in Caracas, Venezuela, Sunday. FERNANDO LLANO/THE ASSOCIATED PRESS

# Socialist rule on the line

## VENEZUELA

### Election tests house that Chavez built

The socialist system built by Hugo Chavez faced its gravest electoral test Sunday as Venezuelans cast ballots in what seems to have become a tightening race for control of the national legislature.

Voters woke to state-sponsored fireworks and music in working-class parts of Caracas. Wealthier neighbourhoods, which tend to favour the opposition, were spared the early morning cacophony.

Venezuelans of all inclinations began lining up before polling stations opened, anxious to cast their ballots early in case violence should break out later in the day.

Until recently, the opposition was seen as coasting to its first major electoral victory since Chavez became president in 1998, with Venezuelans tired of rampant crime, routine shortages of basic goods and inflation pushing well into triple digits. The economic crisis has worsened with this year's slump in oil revenue, which funds almost all public spending.

But support for President Nicolas Maduro's rule, a good proxy in deeply polarized

Venezuela, recently jumped 11 points, to 32 per cent in late November, according to a survey by respected local pollster DataAnalisis. Analysts attributed

## 160,000

Number of police and troops deployed around the country ahead of the vote, but many citizens still fear postelection violence.

THE ASSOCIATED PRESS

the bounce to an aggressive government campaign of funneling resources to key districts

and warning voters that Chavez's legacy of social programs would be lost if the opposition took control of the National Assembly.

Douglas Flores was eager to vote for the ruling party out of gratitude for the house the government gave his family three years ago, allowing them to move out of a shack.

"I don't believe it when the opposition says they'll look out for the poor. Those guys were in power for years before Chavez came, and they never gave us a single thing," he said.

The opposition, with little cash and little access to broadcast media, has struggled to compete in far-flung rural districts

against the government's campaign machine.

Still, even a small victory would provide an important lift to the frequently outmanoeuvred opposition. The socialist party has often touted its unbroken chain of electoral victories over the past 17 years to defend itself against allegations it's undemocratic.

The government drew criticism from the U.S. and other governments for tactics that appeared to tilt the playing field, including printing a confusing ballot with a mysterious party listed next to the opposition coalition with a nearly identical logo and name.

THE ASSOCIATED PRESS

## TERRORISM

### Outrage over Tube stabbing

Counter-terrorism police in Britain on Sunday investigated a stabbing at a London Underground station in which a man brandishing a knife injured two and reportedly said, "This is for Syria."

Police arrested a 29-year-old man late Saturday and said they are treating the "violent unprovoked knife attack" at east London's Leytonstone subway station as a "terrorist incident."

The force said it was searching a residential address in east London, but declined to say whether they were looking for other suspects.

British media widely reported that the suspect linked his actions to Syria after the attack. The incident comes just days after Parliament approved British airstrikes on Islamic State group targets in Syria.

One man suffered serious knife injuries and was in the hospital in stable condition. Another received minor injuries, while a woman was threatened but not hurt. Video shot by witnesses showed a pool of blood as the suspect lunged at several police officers. He was then pinned down after a stun gun was used.

One bystander can be heard shouting at the suspect: "You ain't no Muslim, bruv." The phrase, using slang for "brother," was quickly picked up by Twitter users who turned it into a trending hashtag to show their contempt for the suspect and extremism.

Britain's national terrorism threat level remains at "severe," meaning that authorities believe an attack is highly likely.

THE ASSOCIATED PRESS



**You ain't no Muslim, bruv.**

Witness to attack

## MIDDLE EAST

### Kerry's Israel visit sparks debate on future

U.S. Secretary of State John Kerry set off an uproar in Israel Sunday after warning that the country, through its West Bank occupation, will become a "binational state."

The U.S., the international community and many Israelis have endorsed the "two-state solution" — establishing a Palestinian state and ending Israel's control over millions of Palestinians in territories occupied in the 1967 war.



John Kerry  
THE ASSOCIATED PRESS

Prime Minister Benjamin Netanyahu declared that "Israel will not be a binational state." Here's a look at various concerns:

#### WEST BANK PULLOUT

Left-wing "dove" Israelis argue for pullout, because without one, Israel would no longer be a Jewish-majority democracy because half of its population in effect will be Palestinians, most of them without true democratic rights.

#### NO PULLOUT

For some Jewish Israelis, the West Bank is literally the Promised Land. But the more common

argument is rooted in security.

Without the West Bank, Israel would be about 10 miles (about 15 kilometres) wide at its narrowest point, with the West Bank surrounding Jerusalem on three sides. Meanwhile, Islamic radicals are on the march. They conclude that prudence requires holding onto the West Bank.

#### THE IMPACT OF GAZA

Israel pulled troops and settlers out of the Gaza Strip in 2005 as part of a simple calculation: With the small but crowded territory neatly removed from the demographic equation, Jews still have

a majority of 60 per cent. Meanwhile, the Palestinians and much of the world consider Gaza to be occupied, since Israel blockades it to minimize Hamas' ability to arm itself.

#### REMOVE THE SETTLERS

A paper published two weeks ago by a major Israeli think-tank proposed a new unilateral solution in which settlers would be pulled out of most of the West Bank to create a situation more amenable to partition. The army would maintain its current positions until a better alternative emerged. THE ASSOCIATED PRESS

## INTERNATIONAL RELATIONS

### Joe Biden reassures Ukraine it's a priority

U.S. Vice-President Joe Biden arrived in Ukraine's capital on Sunday for a visit aimed at pushing the country toward reforms and reassuring it the crisis in Syria is not overshadowing Washington's concerns about Ukraine.

Fighting between Ukrainian forces and Russia-backed separatists has diminished since September, but tensions remain high. Meanwhile, Western attention has turned largely toward the fight against Islamic extremism in Syria and Iraq.

Since Russia began airstrikes in Syria on Sept. 30, Ukrainian officials have worried their country's troubles would fade from view, especially if the West begins co-operating with Russia to fight ISIL.

Biden will reassure Ukraine that the U.S. will keep sanctions against Russia in place until full implementation of the Minsk Accords, the internationally mediated agreements between Ukraine and Russia on ending the conflict. THE ASSOCIATED PRESS



## TRADEMARKS

## Trump cashes in on Central Park name

Donald Trump is arguably New York City's most famous resident, and he's made some of his money off the name of one of its most famous public landmarks: Central Park.

The Republican presidential candidate has trademarked the words "Central Park" on items including furniture, chandeliers and even key chains.

Records show Trump first put a trademark on the name in 1991, when the city's crime rate was near its height and

Central Park had a less-than-glamorous reputation.

The trademark has expanded over the years and was most famously used on a line of Trump-branded furnishings, including tables, beds, lamps, pillows and picture frames.

A Trump spokesman declined to say how much money has been made off the trademark, which was first reported by the cable news channel NY1.

THE ASSOCIATED PRESS

## SOUTH DAKOTA

## U.S. offers cash for sobriety program

Twice a day for three years, Chris Mexican has showed up at the county jail in Pierre to blow into a tube and prove he hasn't been drinking. After several drunken driving convictions, it has allowed him to remain free and to become a better, more clearheaded father.

South Dakota's 24-7 sobriety program has helped curb drunken driving and domestic violence, and some incentives for states that adopt the model

were included in the \$305 billion US transportation law that U.S. President Barack Obama signed Friday.

An independent study released in 2013 by the RAND Corp., a non-profit think-tank, found that South Dakota's program cut the rate of repeat DUI arrests at the county level by 12 per cent and domestic violence arrests by 9 per cent in its first five years.

THE ASSOCIATED PRESS

## IN BRIEF

### Blueprints offer glimpse of dumped Disney park

A Disney theme park in St. Louis? It almost happened, but dispute over money doomed the project. Now one of the few remnants of the Disney park that might have been is going on the auction block — 13 pages of 1963 blueprints spelling out plans for "Walt Disney's Riverfront Square" in St. Louis. THE ASSOCIATED PRESS

### Oil rig owner appeals for help in search for bodies

Azerbaijan's state oil company SOCAR said Sunday that it was still searching for 29 workers missing after a fire swept through an offshore oil platform. But it has also asked the four other countries who share the Caspian Sea to search their own territorial waters for bodies of the oil workers. THE ASSOCIATED PRESS



Filipinos hold a poster with a picture of Pope Francis during the Climate Solidarity Prayer March in Manila last month. Pope Francis' encyclical calling global warming a moral issue has energized faith groups to get involved. THE ASSOCIATED PRESS FILE

# Scientists enlist help from a higher power

## CLIMATE TALKS

## Interfaith community calls for action on warming

The cold hard numbers of science haven't spurred the world to curb runaway global warming. So as climate negotiators struggle in Paris, some scientists who appealed to the rational brain are enlisting what many would consider a higher power: the majesty of faith.

It's not God versus science,

but followers of God and science together trying to save humanity and the planet, they say.

Physicist John Schellnhuber, founder of the Potsdam Institute for Climate Impact Research in Germany, said he has been coming to these international talks for 11 years and essentially seen negotiators throw up their hands and say "sorry guys, we tried our best." And no one protested. But this time, with the power of Pope Francis' encyclical earlier this year calling global warming a moral issue and an even more energized interfaith community, Schellnhuber feels the

world's faithful are watching and will hold world leaders accountable.

In the first five days of climate negotiations, interfaith activists came, fasted, talked to media, buttonholed leaders and prayed. On Saturday night in a downtown Paris chapel, hundreds of people, many of them prostrated on the ground, sang and prayed for the climate negotiators and mostly for the world. Faith "is much deeper" than science, said Caroline Bader of the Geneva-based Lutheran World Federation.

And so are their numbers. Bader said interfaith leaders recently handed top United

## + DRAFT

### Agreement reached

Negotiators adopted a draft climate agreement Saturday that was cluttered with brackets and competing options. The 48-page draft agreement was sent to environment and foreign ministers who will work on it this week.

Nations negotiators a petition with 1.8 million signatures begging for meaningful climate action.

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## ROSEMARY WESTWOOD

metroview

### T'is the season for hangry (hungry+angry) travelling

Where are they?

The flight attendants? We took off 30 minutes ago — I just checked — and you know what that means? Food and beverage service!

One of them is serving first class — here comes the wine — and I'm fantasizing about pressing the call bell (which I never do) because I want to know: Are you going to feed the common people or not?

I already ate the sticky-sweet energy bar I brought for emergencies. But the situation is worse than I thought. You know what I really want? A double quarter-pounder with fries and a chocolate shake. This is travel, and desperate times call for fat, sugar and salt in abundance.

This non-TV flight took off from Washington-Dulles, the capital of Am'rica. And you know what should be easier than finding pee on an airport toilet seat? Finding the Golden Arches in the bloody U.S. of A.

It's my fault for booking a short stopover. I was thinking I'd save time, but I really just cemented my chance of starving to death before reaching my final destination. There was no way I could wait in line (another line!) behind 30 other starving people at the random burger joint that doesn't seem to do fast food, despite the fact that people trying to catch flights don't have time for your handcrafted patties and marinated bull!

So, I'm in the window seat

and the lanky teenager next to me is already doing the mouth-gape head-back doze, one boney knee clearly on my side of the invisible leg divide, which means I can't get up to demand service from the men and women in blue (always blue). Except even in my fantasy, the outrage is downgraded to a passive-aggressive "Excuse me? But, I was just wondering? Does this flight offer food?" Being Canadian is so anticlimactic.

These tiny seats are the adult version of being strapped into a stroller, helplessly crying that you're hungry or thirsty.

Oh sure, not all flights are as desperate as this one. Once, I took two Valium tablets and had a few glasses of wine and floated all the way from London to Vancouver. If I didn't know better, I'd say Valium is the only way to travel, plus points for retro. I'd take some Valium right now.

OK, here they come. Slowly. I'm shaking my leg. My wallet's been out for ages. Time for some cheddar cheese spread on two crackers, and a gluten-free cookie. Survival.

**These tiny seats are the adult version of being strapped into a stroller.**

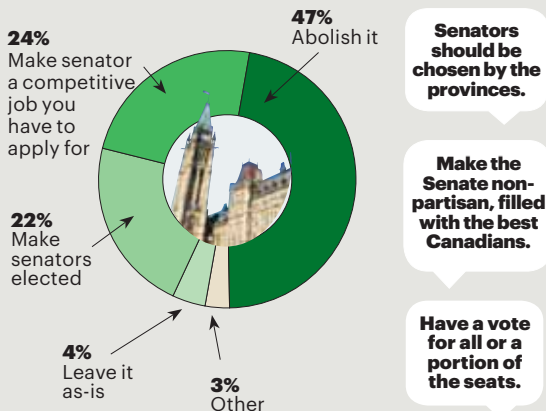
#### Metro MONDAY POLL

## Introducing: Senator You

Visit [metronews.ca](http://metronews.ca) every Friday to have your say.

**The Trudeau government** is planning to transform the Senate into an independent, non-partisan chamber — possibly the biggest change to the scandal-plagued Upper House since Confederation. Rather than being appointed as a senator, you'll have to apply for it like any other job. But plenty of critics say it's time to ditch the Senate entirely, make senators elected or enact some other radical reform. We asked our readers if they're prepared to let go of the house of sober second thought, and what they would like to see on their representatives' resumes.

### 1 What should be done to reform the Senate?



### 2 What should the government do about diversity in the senate?

**33%** Make the selection process merit-based only  
**24%** Mandate gender parity and ethnic diversity  
**43%** Neither, let's ditch the senate entirely



SENATE SPEAKER GEORGE FUREY IS ESCORTED TO HIS NEW CHAIR

### 3 What qualities should a senator have?

**18%** Extensive experience in a professional field  
**17%** A clean financial record  
**15%** A pleasant and not-too-partisan manner  
**13%** A record of community service  
**6%** A certain age (i.e., older than 35)  
**6%** Bilingualism  
**3%** Government or public service experience  
**20%** None of the above, abolish the senate  
**2%** Other

**Member of the Order of Canada for at least five years.**

**No political affiliations at all.**

**Minimum age should be 50.**

WE ASKED Metro readers

# McNeil's Harper-esque union tactics tanked

#### HALIFAX MATTERS

Stephen Kimber



Last week, Nova Scotia's 9,000 teachers decisively rejected a tentative contract with the provincial government. With their vote, they instantly scuppered Stephen McNeil's carefully crafted strategy to bring public sector unions to heel before introducing a see-we-did-it

**Thanks largely to the premier's approach, his government is facing a winter of labour discontent.**

balanced budget in advance of the next provincial election.

McNeil had begun strategically with the teachers; traditionally the least militant of the province's public sector unions. He coupled his deliberately insubstantial wage offer — just three per cent over five years — with the threat of what the teachers' union called "impending draconian legislation" if teachers turned it down.

The union leadership quickly caved, holding its nose and recommending the tentative deal. The very next day, the usually much more militant Nova Scotia Government and General Employees Union (NSGEU) read the writing on the blackboard, and announced it, too, would recommend a similar deal to its 7,600 members.

Then the teachers voted:

94 per cent of them, with 61 per cent of those casting ballots saying no way. Within hours, the NSGEU took down its own white flag, announcing it would put off its ratification vote and consult with its membership.

And that may be the end of Stephen McNeil's grand scheme.

What is intriguing — and instructive — about all of this is that most teachers who've spoken publicly since the vote say their personal tipping point wasn't the wage offer, but the government's bully-boy, take-it-or-take-this tactics.

Borrowing a now-tattered page from the Stephen Harper Playbook, Stephen McNeil had decided from his government's beginnings to make public sector workers the enemy. His new government's first piece of legislation, in fact, ripped up even the strike-threat

weapon. Last year, he tried — ultimately unsuccessfully, but after sending a clear don't-mess-with-us message — to hobble the province's most powerful union, the NSGEU, by scattering many of its health workers among other unions.

That strategy was to culminate with this year's round of public sector non-bargaining in no-increases-until-at-least-after-the-next-election contracts. But, thanks largely to Stephen McNeil's approach, his government is now facing a winter of labour discontent.

The Stephen Harper Playbook seems to be playing less well these days.

**Stephen Kimber** is a professor of journalism at the University of King's College in Halifax and an award-winning writer, editor and broadcaster. Halifax Matters runs every Monday.

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## NEW BOOK

### Jonathan Franklin penned the true story of a man lost at sea for 438 days

**Sidney Cohen**  
Metro | Canada

"Now is our time to suffer but we are not going to die."

This is what Salvador Alvarenga said to his crewmate as the two fisherman battled the gale-force winds and 18-foot waves that were pummeling their small, open-air fishing vessel off the Mexican coast.

That day in 2012 would be the first of 438 that Alvarenga would spend adrift in the Pacific Ocean.

His only companion succumbed to starvation four months in, but the ever-optimistic Alvarenga survived.

For 14 months, the resourceful seaman staved off thirst and hunger by drinking turtle blood and his own urine, and eating the raw flesh of birds that landed on his fibreglass motorboat.

He endured scorching sun, menacing sharks and unimaginable loneliness.

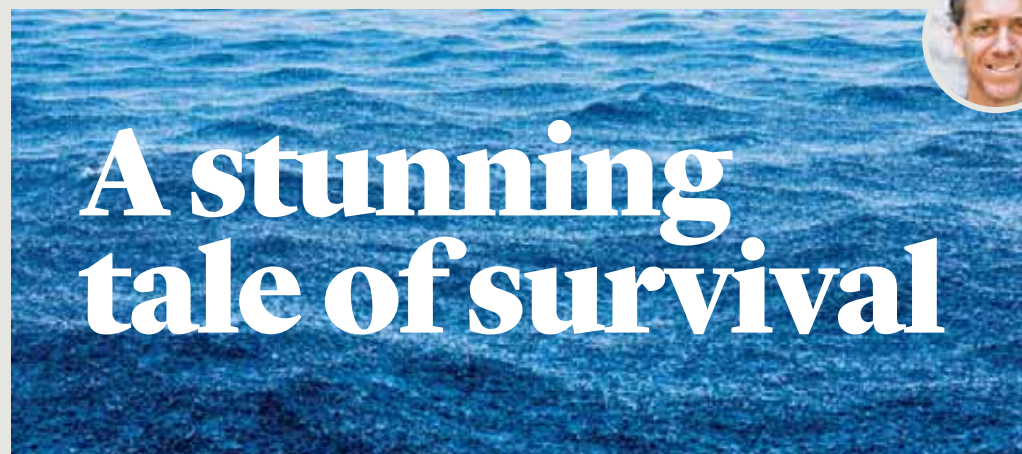
Alvarenga floated some 10,000 kilometres before washing up — bearded, dazed and legs atrophied — on an islet in Marshall Islands.

Jonathan Franklin, a Chile-based Guardian correspondent, documents Alvarenga's journey in his new book, *438 Days*.

An American who travelled to Chile 17 years ago to report on the fall of Pinochet's dictatorship and never left, Franklin is no stranger to tales of extraordinary endurance.

The journalist also wrote *33 Men*, a book about the 33 miners who were trapped inside a Chilean mine for more than two months. All 33 made it out alive.

Metro chatted with Franklin about researching his book and to find out



Salvador Alvarenga spent 438 days adrift in the Pacific Ocean following a storm and the death of his crewmate.

GETTY IMAGES AND CONTRIBUTED

what he's learned interviewing fascinating people with stories of survival.

#### What is it that draws you to stories of survival?

People have a lot more resilience than they ever realize, and I like to share that. A lot of people, when they're put up against the wall, find

this inner strength. Fortunately most of us don't have to be out on a boat or at the bottom of a mine, but it shows the strength that a lot of us have inside.

**In researching *438 Days*, did you go out on one of these small fishing boats?**

Yeah I did. It was pretty terrifying. It's like a big canoe. It seemed that it would be so easy to flip these things because they're long and narrow, like you catch a wave on the wrong side and you flip in a second. And we were only a half-mile off shore. These guys were going 100 miles (160 kilometres).

“

**It was terrible in a lot of ways, but there was a wild freedom to the whole experience as well.**

438 Days author Jonathan Franklin on Salvador Alvarenga's experience

**You've interviewed SWAT commandos, Timothy McVeigh, a Chilean student activist turned communist member of parliament. Has anyone really surprised you?**

I thought Tim McVeigh was going to be a raving lunatic and he was a super nice guy. This guy was on death row for blowing up a building — which he admitted to blowing up — killing 168 people. And he was really smart, really funny. You wanted him to be horrible, it would've been much easier if he was a monster, but he definitely was not a monster.

**438 Days has drawn comparisons to *Life of Pi*, the popular novel about survival at sea. Have you read that book?**

I deliberately didn't. I was afraid of accidental plagiarism. My daughter gave it to me for Christmas, and I was so excited. Then I thought, "I'll just write my book and then when my book's done I'll go back and read *Life of Pi*."

When I went into *438 Days*, I thought it was like solitary confinement, so I was reading up about prisoners who were stuck in little prison cells. Then I realized what Alvarenga had was solitary unconfinement. He had a whole thriving — although dangerous — ecosystem, which in the end is probably more healthy than mean prison guards in the sterile environment of modern prisons.

It was terrible in a lot of ways, but there was a wild freedom to the whole experience as well.

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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

**SIX@6 LAST NIGHT:**

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- 5 Classified ft Snoop Dogg No Pressure
- 4 Daya Hideaway
- 3 Ariana Grande Focus
- 2 Justin Bieber Sorry
- 1 Adele Hello

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## WORK PARTIES

# 'Tis the season to face your social anxiety

For some, just thinking about making small talk at parties induces stomach-churning anxiety.

For Piers Steel, his concerns stem from his memory.

"I'm absolutely terrible with names," says Steel, professor of human resources and organizational dynamics at the University of Calgary and author of *The Procrastination Equation*.

"I can remember the conversations we've had. It's whatever that little space in the brain (is) where names are recorded (that) needs to be reformatted," he adds with a laugh.

End-of-year parties are customary at many workplaces. But the festive fetes can be stressful for those who are averse to socializing, or feel uneasy about mingling with colleagues outside of the office.

"People might be afraid they won't have anything to say. They may be worried about coming across as boring or incompetent or uninteresting in some way," says Martin Antony, author of *The Shyness and Social Anxiety Workbook*.

"They may be worried about saying the wrong thing or offending others or looking stupid, making a mistake of some kind."

As a result, they may avoid eye contact, talk quietly or stand far away from others, which may give off the impression they aren't interested in taking part, Antony says. In other cases, some who are excessively anxious may drink too much, he adds.

While those with severe social



The antidote to festive fear may be to just suck it up and go to the office party. ISTOCK

anxiety may be inclined to steer clear of parties, Antony says attending may be the antidote.

"We know that exposure to feared situations is one of the most powerful tools that we have for overcoming fear," says Antony, a professor of psychology at Ryerson University.

"People learn the situation isn't as bad as they think it's going to be, and they also learn that these feared consequences don't come true."

Despite his admitted social anxiety over memorizing names, Steel says he sees real value in get-togethers.

"Any venue that you can use to create a little more camaraderie, a little bit more of a sense of belonging is just a good thing. Christmas is perfect for that. It's

good from a mental health (perspective) but also performance. So why would you not want to encourage that?"

Workopolis business editor Elizabeth Bromstein says efforts should be made to help shy employees feel at ease, perhaps by having them engage with their more outgoing colleagues.

Regardless of who opts in to the holiday party, Bromstein says all attendees should make the most of the event.

"You need to stick around, you need to speak to people and make your presence known. Get in a couple of pictures, speak to your bosses, make some friends and then you can go. It's not a good idea to show up, have a drink and sneak out."

THE CANADIAN PRESS



Kids liken coding lessons to learning a new language. HANDOUT COURTESY OF LADIES LEARNING CODE

## The girl code of the future

### HOURLY OF CODE

### Agency offers free lessons promoting digital literacy

Kris Abel  
For Metro Canada



More than 4,000 free programming lessons are being held across Canada this week as part of a global initiative promoting digital literacy. Microsoft, Apple and Amazon are giving their support to educators registered at HourOfCode.com who have prepared one-hour lessons at local schools, community centres and libraries.

The focus in particular is on attracting girls. Star Wars characters Leia and Rey along with Frozen's Anna and Elsa star in the movement's programming lessons aimed at ages four and above.

Although women hold just nine to 15 per cent of tech jobs at leading companies, girls under 12 show a strong aptitude and interest for the science and technical skills involved. This has inspired an impressive community of volunteers and non-profit organizations who sense an opportunity to strengthen our society.

"What we're trying to do in our research is tackle really big problems and I think we need to take advantage of the creativity and innovation of our entire population," says professor Molly Shoichet, who

holds Canada research chair in tissue engineering. "We really can't depend upon just half the population to overcome these challenges."

Ladies Learning Code is one of the organizations participating this week that offer beginner-friendly, socially collaborative workshops across 22 Canadian cities year-round.

"We run one-day workshops for people who have never seen a line of code before," says co-executive director Melissa Sariffodeen.

"You'll create your own website from scratch and they are beautiful websites that you can launch."

Knowing how to create your own website or run an e-mail newsletter is useful in any career choice, but the lessons are popular for their sense of accomplishment.

"It's definitely the ability to create something that didn't exist," Sariffodeen explains, "this idea that you've taken something using your own hands, whether it's physical or digital, and you've created something that you can show people. That's what's addictive."

Every day this week YTV's The Zone will share what this is like by pairing their kid contributor Miley with Ladies LearningCode.com mentor Nat Cooper.

"All my friends were telling me about it saying 'oh, you should go try one of these code classes' and then I got to try it and that was pretty fun," Miley enthuses.

Throughout the television week and online lessons at YTV.com, Miley uses HTML and CSS to make a fun, holi-

### DIGITAL

**HourOfCode.com/Code.org** Find free workshops and online lessons

**LadiesLearningCode.com** Year-round workshops for women and youth

**YTV.com/shows/the-zone** Learn with Miley this week

**MadeWithCode.com** Free coding lessons and projects from Google

**MakerCamp.com** Free electronics tutorials and projects for kids

day card.

"It was a bit of a challenge, but I like challenges so it was pretty fun to me," she explains. "I like learning languages and it's kind of like learning this cool, computer language, so it's pretty interesting."

Across Canada you'll find community makerspaces devoted not just to programming, but electronics, engineering and even robotics. They all share a similar approach to making their lessons inclusive.

"One thing that girls are interested in is mission-based tasks," explains Nicole Proulx, who organizes robot programming workshops at Robogals.org. "If you add a storyline, if you add a goal to it, that's something that girls are very interested in."

And encouraging girls to develop their creative problem-solving skills is a mission we can all share.





SNL

# Gosling hosts, pays homage to Canada

It was a very Canadian opening to Saturday Night Live as host Ryan Gosling was joined on stage by fellow Canuck, and SNL alum, Mike Myers.

Gosling began the monologue speaking with a Brooklyn accent, talking about how great it was to be back in his childhood home of New York for the holidays.

And when



THE CANADIAN PRESS

SNL's Cecily Strong interrupted to point out that Gosling actually hails from Cornwall, Ont., the acclaimed film star hesitantly suggested that it might not be the best time to talk about being an immigrant in the United States.

That's when Myers, wearing a Toronto Maple Leafs jersey, made his entrance and reminded Gosling of the many reasons for being a proud Canadian — "our hunky new prime minister Trudeau, Degraassi Junior High, and Sir Justin Bieber," to name but a few.

There were jokes about such standby Canadianisms as saying "eh," pronouncing "about" as "a-boot," Molsons beer and deep snow.

They even trotted out Bonhomme, the Quebec City Winter Carnival mascot, before launching into a musical tribute to Christmas in Canada where SNL cast members donned red and black checked jackets — sometimes irreverently referred to as Canadian tuxedos.

THE CANADIAN PRESS

EMERGENCY LANDING

# Safe arrival for Oscar-winning actor

A plane carrying actor Morgan Freeman and his pilot blew a tire on takeoff from a Mississippi airport and made an emergency landing in which its landing gear collapsed and the plane ran off the side of a runway, authorities said. No one was injured.

Mayor Bill Luckett of Clarksdale, a friend of the 78-year-old Oscar-winning actor, told The Associated Press that the twin-engine plane made what he described as a controlled forced landing before nightfall Saturday at an airport in Tunica after it had taken off from another airport in the area.

Freeman issued a statement saying he was heading to Texas from Mississippi aboard his plane to shoot for the series, The Story of God.

"Sometimes things don't go as planned and a tire blew on takeoff, which caused other problems," Freeman said in the statement sent by his publicist. "But thanks to my excellent pilot Jimmy Hobson we landed safely without a scratch."

"I cannot say the same about my plane," Freeman added in the statement, which didn't elaborate. "I appreciate the concern and prayers for our safety."

Kathleen Bergen, a spokeswoman with the Federal Aviation Administration, identified the plane as an Emivest SJ-30 aircraft and said the plane reported a "mechanical problem" after taking off from Fletcher Field in Lyon, a community just outside Clarksdale.

An FAA statement emailed by Bergen said the plane's original destination was Sugar Land near Houston, but that the aircraft diverted to the Tunica Municipal Airport in Mississippi where it made the emergency landing at 6:15 p.m. Saturday. She confirmed its main landing gear collapsed and that the plane went off the side of the runway after landing.

The Clarksdale mayor said another plane subsequently went to Tunica to pick up the actor, who has a home in Mississippi.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

# Better with makeup on?

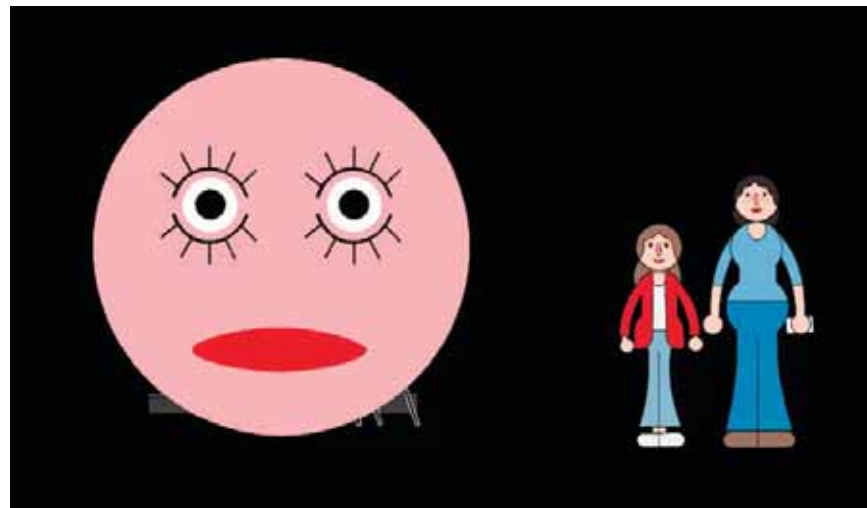
MIRROR (NewYorker.com)  
THE ACCIDENTAL INSULT

In spare, modern animation, a mother watches her 13-year-old daughter apply makeup for the first time, for a Halloween costume.

"She puts on mascara, a little eyeliner, some lip gloss," the mother's voice narrates. "I look at her, and then these words come out of my mouth: 'Wow, you look so much better.'" "Wow," a man replies, laughing. The mother laughs along, audibly abashed.

As she continues her story (her daughter shrugged off the diss), something lovely happens: the screen fills with little boxes, illustrating small but significant mother/daughter moments — first steps, sliding boards, school buses — as the daughter inches toward independence.

This two-minute video was the brainchild of illustrator Chris Ware, who draws many New Yorker covers. For the Dec. 7 issue, he asked Ira Glass, the host of the radio show This American Life, to provide him with an audio interview that he could animate; Glass offered



Illustrator Chris Ware's two-minute video mixes radio with animation. SCREENSHOT/NEWYORKER.COM

writer Hanna Rosin's story about her daughter Noah; and the video was born.

Ware wanted, says an essay that accompanies the video, to "extend the emotion" of a magazine cover, and to see if enhancing a radio story with images lessened or enhanced

its emotional power. And obviously, both The New Yorker and This American Life are keen to add visuals to their stuff, to grab more traction online.

They're not alone: The New York Times recently began releasing short, 3D video docs to accompany Sunday Times

Magazine stories.

So far, these shorts are worth watching. The trend certainly is.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

## GOSSIP BRIEFS

New addition to  
Kardashian-West clan

There's officially a new Kardashian to keep up with. Kim Kardashian and Kanye West welcomed their second child, a boy, Saturday in Los Angeles. If you subscribed to Kardashian's website or downloaded her app, you already knew that because she posted an excited, all-caps announcement over the weekend revealing that "mother and son are doing well."

And while West was in New York last week accepting an award for his shoe designs, he made it back to L.A. just in time to be there for the delivery. The baby was a bit early, though, as the original due date was reportedly Christmas. NED EHRBAR/METRO HOLLYWOOD



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# Herd's 'will to win' not as strong as opponents'

QMJHL

## Mooseheads fall short in both of their weekend games



**Kristen Lipscombe**  
Metro | Halifax

The Halifax Mooseheads added two more losses to their regular-season record over the weekend.

Saturday night's 6-1 loss to the Val d'Or Foreurs came down to "the will to win," according to Herd defenceman Cody Donaghey.

Donaghey, 19, scored the green and red's lone goal of the game late in the first period to tie it up, in what was a relatively strong start for the 16th-place Mooseheads as they took on the Foreurs, who are in fourth place overall of the Quebec Major Junior Hockey League.

"Watty (Vincent Watt), made a nice play there," Donaghey, from St. John's, N.L., said after

the game of how his goal came together on the ice at the Scotiabank Centre. "It was kind of like a 3-on-2."

"I just jumped up on the rush and he hit me back door."

Donaghey, who was part of a mid-season deal made between the Mooseheads and Quebec Remparts last year, said "the first 40 minutes, I thought we hung right with them."

In fact, Val-d'Or only led 3-1 at the second intermission, with Anthony Beauregard scoring his first of two goals on the night and Julien Gauthier scoring his second of the game in the middle frame.

"(But) we came out in the third flat."

The Foreurs went on to score three straight in the final frame, which included goals from Jan Mandat and Anthony Richard.

Beauregard was named third star of the night for his two goals and assist, Gauthier was named second star for his two goals and Foreurs goaltender Etienne Montpetite received first-star honours for making 28 saves. Richard finished with four points.

Halifax netminder Kevin Resop had a solid game between the posts, stopping 29 shots and making several key saves.

On Friday night at home, the Mooseheads fell 5-2 to the first-overall Rouyn-Noranda Huskies.

They may have come away with a loss, but the game against the Huskies left little doubt that this year's Mooseheads



Defenceman Cody Donaghey scored the lone goal of the game for the Halifax Mooseheads in Saturday night's 6-1 loss to the Val-d'Or Foreurs. JEFF HARPER/METRO

are hungry to win. The Herd twice came within one goal, goaltender Eric Brassard made a solid 27 saves, and forward Maxime Fortier scored one of his own while also setting up captain Timo Meier.

"It was a 3-2 hockey game," second-year centreman Brett Crossley said Friday. "You're

looking at a team that only has three regulation losses in the regular season, so obviously their record goes to show that they're a good team."

"We held a steady effort." But Donaghey said Saturday "our compete level has to be there every night."

That includes three more

home games coming up, the first next Friday night against the Saint John Sea Dogs, who are second in the Maritimes, eighth overall.

"Say all you want about having a young team and inexperience, but I think at the end of the day, it comes down to your will to win," Donaghey said.

AUS WOMEN'S HOCKEY

## Tigers cap 2015 with win

The Dalhousie Tigers are heading into the holiday break with smiles on their faces.

The fifth-place women's team edged the third-place St. Thomas 6-5, with six different players scoring Saturday evening at the Halifax Civic Centre.

Corinne Desjardins and Lisa MacLean both had goals in the first, Courtney Sheedy added a power-play marker and Bianca Canade scored unassisted in the second, while Taylor Reichheld notched one on the power play and Kenzie MacPhee put one on the board in the third period.

MacLean also had two helpers in the win, which improves Dalhousie's record to 6-6.

Keity Apperson and Becky Conner both scored twice, while Lauren Henman had a single, for the Tommies.

Apperson was named star of the game for St. Thomas, while MacLean received the same honour for Dalhousie.

Atlantic University Sport women's hockey takes a breather until the new year.

METRO

## IN BRIEF

### Homan wins Canada Cup

Ottawa's Rachel Homan earned the first direct-entry berth into the 2017 Canadian curling trials

with an 8-7 win over Edmonton's Val Sweeting on Sunday in the Canada Cup women's final.

The winner of the Canadian trials, known as the Roar of the Rings, will determine the country's four-player teams for the 2018 Winter Olympics in South Korea.

Homan avenged a loss to Sweeting in the championship game of the 2014 Canada Cup, scoring a single in the 11th end to edge the Edmonton skip on Sunday.

THE CANADIAN PRESS



**Rachel Homan**  
CURLING CANADA

CYCLING

## Canadian pedals her way to World Cup gold medal



Allison Beveridge leads the pack during the omnium event on Sunday in Cambridge, New Zealand. PHIL WALTER/GETTY IMAGES

Calgary's Allison Beveridge won her first individual World Cup race in the omnium event at the UCI track World Cup on Sunday while Monique Sullivan, also from Calgary, raced her way to the bronze medal in the women's keirin.

In the ultimate race of the two-day event, Beveridge won four intermediate sprints and added three more points for a total of 23 points — and a cumulative total of 201 points — putting

her atop the standings for gold. She edged reigning world champion Annette Edmondson of Australia, who finished with 188 points, and Jolien D'Hoore of

Belgium with 182 points. Beveridge also won a silver medal on Saturday in the women's team pursuit.

In the women's keirin, Sullivan finished in second place in the opening round to avoid the repechage and advance to the semifinals.

Sullivan finished fourth in the medal race but third-place finisher Hyejin Lee of Korea was relegated, bumping Sullivan up.

THE CANADIAN PRESS

4

Beveridge is now in fourth place in the UCI World Cup rankings.





**NFL PANTHERS STAY PERFECT** Carolina's Jonathan Stewart is tackled by Stephone Anthony and Hau'oli Kikaha of the New Orleans Saints at the Superdome on Sunday. Cam Newton threw for five TDs as the Panthers won 41-38 to stretch their unbeaten start to 12-0. SEAN GARDNER/GETTY IMAGES

# Seahawks run riot at Vikings

NFL

## QB Wilson finds his groove and hits weakened Minnesota hard

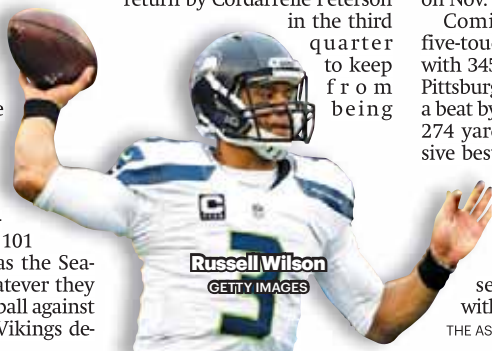
Russell Wilson and the Seattle Seahawks have found a rhythm at the right time. Wilson threw for three touchdowns and rushed for another, Seattle's defence didn't allow a score and the surging Seahawks won their third straight game Sunday with a 38-7 romp over the Minnesota Vikings.

Doug Baldwin had two touchdowns and 94 yards receiving and Thomas Rawls rushed for 101 yards and a score as the Seahawks (7-5) did whatever they wanted to with the ball against an injury-depleted Vikings de-

SUNDAY In Minneapolis

**38** SEAHAWKS  
**7** VIKINGS

fence. Seattle owned a 433-125 advantage in total yards. NFL rushing leader Adrian Peterson was limited to 18 yards on eight carries, and the Vikings (8-4) needed a 101-yard kickoff return by Cordarrelle Peterson



Russell Wilson  
GETTY IMAGES

blanked. The two-time defending NFC champion Seahawks climbed further into the playoffs picture following a 2-4 start. The Vikings fell back into a first-place tie with Green Bay for the NFC North lead three days after the Packers beat Detroit on a desperation pass on the last play. The Vikings, who lost 30-13 to Green Bay in their previous home game, took their most lopsided loss in Minnesota since a 34-3 defeat by Chicago on Nov. 25, 1984.

Coming off a career-best five-touchdown performance with 345 yards passing against Pittsburgh, Wilson didn't miss a beat by finishing 21 for 27 for 274 yards. He was at his elusive best, taking just one sack while netting 51 yards on nine rushes. The Seahawks' star-laden lineup on defence, vulnerable at times this season, backed Wilson with a clutch performance.

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SKIING WORLD CUP

## Sweep for Vonn after super-G win

Lindsey Vonn won a super-G race Sunday to complete a sweep of World Cup races at Lake Louise for the third time in her career.

The American finished in a time of 1 minute, 19.79 seconds, beating Tamara Tippler of Austria by 1.32 seconds. The margin of victory was the largest in a women's super-G since 1997, according to information provided by the U.S. Ski Team. Another Austrian, Cornelia Huetter, was third.



Lindsey Vonn  
GETTY IMAGES

70 career World Cup victories. "I'm feeling great, and I know my super-G is good — my down-

"Whenever you win, period, let alone by over a second, it definitely gives you that little bit extra boost of confidence," said Vonn, who has

hill is pretty good — so I feel like I'm in a good place for the next couple races."

Vonn captured both downhill races over the weekend for the hat trick. Vonn also accomplished the feat at the Alberta resort in 2011 and '12.

What's more, she now has 14 downhill victories and four super-G wins at a place that's referred to as 'Lake Lindsey' because of her dominance.

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# metro OBITUARIES

## ANTHONY, Jean Amelia (nee Booker)



84, of Cole Harbour, passed away suddenly on December 3, 2015 in Ocean View Continuing Care.

Born in Aylmer, Ontario, she was the daughter of the late Frederick Gardiner and Sarah Kathleen (Grawburg) Booker.

Jean graduated from the Toronto General nursing school in 1954 and began her nursing career in Whitby Psychiatric Hospital. She raised her three children in Georgetown, Ontario and later returned to nursing after moving to Nova Scotia in 1979; retiring from the position of Head Nurse at The Cole Harbour Rehabilitation Centre. Jean was a past Worthy Matron of the Eastern Star in Georgetown, Ont.

Jean is survived by her daughter Tracey (Jerry) Bloomfield, Cole Harbour; sons, Wesley (Odette), Cole Harbour, Fred, Milton, Ont; grandchildren, Jonathan, Christopher (Amanda), and Monique Anthony, Ryan Anthony, Christine, Heather, and Chad Sliming, Morgan and Marea Bloomfield; great-grandchildren, Addison Jean and Ethan Christopher Anthony. She is also survived by her sister-in-law Kay Halpin; and many nieces and nephews.

She was predeceased by her husband of almost 50 years, Wesley Harold; brothers, Arthur "Art" and Gardiner "Garny" (Margaret) Booker; and daughter-in-law Carolyn.

Visitation was held on Sunday December 6 from 2-4pm in Atlantic Funeral Home, 771 Main Street, Dartmouth. The funeral service will take place on Monday Dec. 7 at 10 am, in the funeral home chapel, Rev. James Haughn officiating. Reception to follow. Cremation and interment with husband Wesley H. in Dartmouth Memorial Gardens to take place at a later date.

Flowers are welcome. Memorial donations may be made to the Alzheimer Society of Nova Scotia.

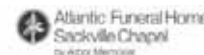
Thank you to the staff at Ocean View Continuing Care.

Online condolences may be made by visiting the Dartmouth Chapel at [www.atlanticfuneralhomes.com](http://www.atlanticfuneralhomes.com)

## LANGLEY, Karen Rhoda



Of Lower Sackville, passed away suddenly on Friday, December 4, 2015 at the age of 64. Beloved wife for over 44 years to Peter Langley; loving mother of Dean (Claudia) and Deann (Rene Prudhomme); devoted grandmother of Brett; dear niece of Joy Jonson, Audrey MacKay and Annie Soper. Karen will be deeply missed by her sisters-in-law Mary Conrad and Carol Henley, brothers-in-law David and Danny Langley, and extended family. Predeceased by her parents Lloyd and Catherine MacLeod, and her brother Gerald MacLeod. Karen worked in various customer service roles over the years, but she was never happier than when she was spending time with her beloved husband. In accordance with Karen's wishes, a private funeral service will be held at a later date. For those wishing, donations to the Canadian Cancer Society or the Kidney Foundation of Canada would be appreciated. Online condolences may be sent to: [www.atlanticfuneralhomes.com](http://www.atlanticfuneralhomes.com) (Sackville Chapel).



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# Expansion the hot topic but NHL will play it cool

## BOARD OF GOVERNORS

### Sport's chiefs 'roll up sleeves' on Quebec City and Las Vegas

It was during the NHL board of governors meeting a year ago that potential Las Vegas ownership got the green light to proceed with a season-ticket drive. That development came out of nowhere.

There remains no firm timeline on expansion, though this week's board meetings could take the process another step further. The executive committee is scheduled to meet before the big group Monday in Pebble Beach, Calif., to review expansion presentations from Las Vegas and Quebec City.

The earliest expansion could happen is the 2017-18 season, something deputy commissioner Bill Daly said last month was still possible even if the board doesn't vote this week. Such a vote to approve or decline expansion is not expected.

"We really haven't canvassed the ownership as a group," Daly said last month. "(The executive committee meeting will) be really the first time where we kind of roll up our sleeves and talk about the applications."

Quebecor and Bill Foley's Black Knight Sports & Entertainment presented to the board in September in New York. That came on the heels of the Hockey Vision Las Vegas ticket drive receiving 13,500 season-ticket deposits and the brand-new Videotron Centre in Quebec City selling out for a pre-season game between the Montreal Canadiens and Pittsburgh Penguins.

66

**This doesn't get governed by PR or politics or pressure**

Gary Bettman

Quebecor showed the board a DVD of that successful night. Commissioner Gary Bettman said in September that it "wasn't a bad thing that the building was test-driven."

"Were we surprised that it was sold out? Absolutely not. I could've told you that before they did it," Bettman said. "Unlike Vegas, where they ran a season-ticket drive because people really questioned whether there was interest in professional sports in a unique



Development of the new Las Vegas Arena cost US\$325 million. THE CANADIAN PRESS FILE PHOTO

market like that, nobody had any doubt that there was fan interest in Quebec City."

The current alignment of 16 teams in the Eastern Conference and 14 in the West and the sagging Canadian dollar are ones that could hamper Quebecor's efforts.

If the NHL opts to expand by one or two teams, there's also the matter of splitting revenue

31 or 32 ways, something Bettman and Daly brought up last month. Their point was that even though each new team could bring expansion fees of US\$500 million or higher, owners must consider the long-term implications against the one-time cash windfall.

One thing that's clear is the league is in no rush to make the decision. "This is an important

business decision, and it doesn't get governed by PR or politics or pressures," Bettman said.

Expansion is one of many topics on the docket for this meeting, which will also include an update on business and player safety, an early projection of the 2016-17 salary cap and the controversial executive compensation policy.

THE CANADIAN PRESS

## NHL IN BRIEF

### Hamstring issue sidelines Ott for three months

St. Louis Blues forward Steve Ott will be sidelined for three months with a hamstring injury after he was hurt in the first period of a loss to Toronto on Saturday. The team said on its website Sunday that Ott would undergo surgery on both hamstrings next week.

Ott was hurt when he missed a check on Maple Leafs defenceman Dion Phaneuf and did the splits into the boards. He was helped to the locker room after the first period and did not return to the game. In 21 games, Ott has two assists and 34 penalty minutes.

THE ASSOCIATED PRESS

### Blackhawks bring back Bickford from AHL spell

The Blackhawks have recalled forward Bryan Bickell from Rockford of the American Hockey League. The physical winger was sent down Nov. 2 after he had no points in his first seven games of the season with Chicago. The 29-year-old Bickell had seven goals and seven assists in 12 games with the IceHogs.

The Stanley Cup champions carried a three-game losing streak into Sunday's home game against Winnipeg.

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**For those without a Metro, the forecast calls for "I dunno" with a slight chance of "Huhhh?"**

**metro**



# RECIPE Chicken Noodle Soup



PHOTO: MAMA VINNYE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

It's not just grandmas who will tell you that a bowl of chicken noodle soup will fight off a cold — science has proved it! Plus, there's nothing more comforting on a cold night.

**Ready in**  
Prep time: 30 minutes  
**Serves 8**

- Ingredients**
- 2 Tbsp olive oil
  - 1 onion, diced
  - 3 cloves garlic, minced
  - 2 carrots, diced
  - 2 celery stalks, diced

- 1 Tbsp thyme (fresh or dried)
- 1 bay leaf
- 2 x 940 ml containers low-sodium chicken stock
- 250g noodles
- 1 1/2 cup cooked chicken (poached or use leftovers)
- Salt and pepper to taste

## Directions

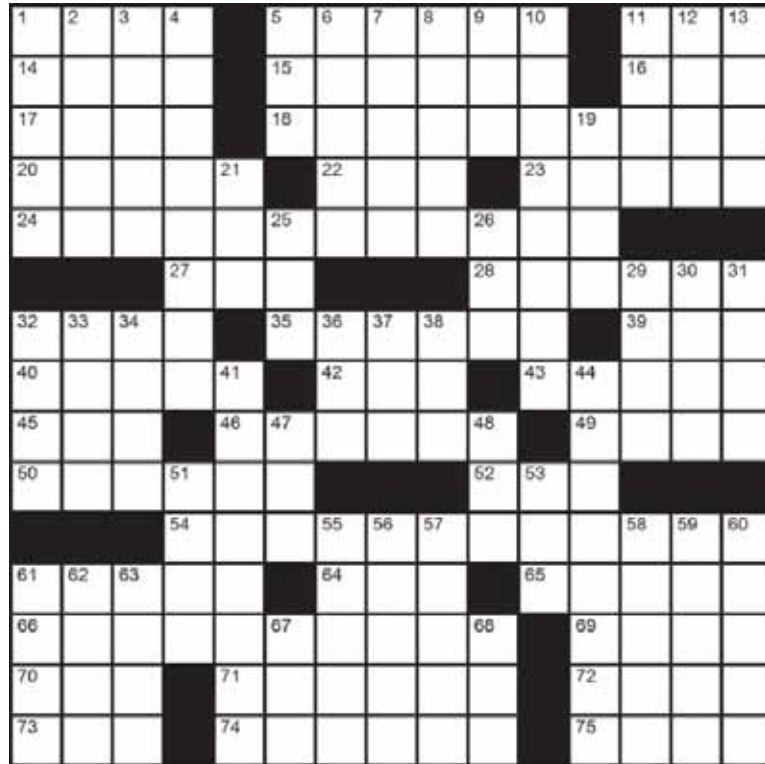
**1.** In a large pot, sauté onion, garlic, carrots, celery, thyme and bay leaf in olive oil over medium heat until soft, about 6 minutes.

**2.** Add stock and bring to a simmer. Add noodles until just cooked. Add chicken. Check for seasoning.

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BY KELLY ANN BUCHANAN



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- Carrie Underwood honour, e.g.
- Ontario's Casino \_\_
- Treasures
- Rowboat steerer
- 'U' of ICU
- Their crafts are celebrated at the Bata museum in Toronto
- Inklings
- "Notes \_\_ Scandal" (2006)
- Overly feast
- Perturbed
- Select
- Firstborn
- Ointment
- Backpackers' lodging
- Mr. Tolstoy
- Accused's defence
- Teensy
- Ore evaluation
- Zodiac species
- Handle
- Checks for accuracy
- Had heavenly hopes
- Alphabetic trio
- Canadian groups The Diamonds or The Crewcuts: 2 wds.
- One-of-some going up/down
- Lionel Richie's "Stuck on \_\_"
- Gloria Bunker's mother
- \_\_ nose (Actor's looks-changer)

- Pace
- Diving bird variety
- \_\_ Teagarden (Fictional librarian/sleuth of murder mysteries)
- Atomic Number 92, for short
- "Sure thing."
- Smaller in importance

- Graduate
- Stonehenge ritualist
- The Amazing \_\_ (Toronto-born magician/skeptic)
- Vivienne's friends
- Burial chamber beneath the city

- Vehicle's energizer
- Type of specific-purpose committee 2 wds.
- Peter of Hermit's Hermits
- Gloom
- Tailoring alteration site
- Spanish queen

- called 'The Catholic' (b.1451 - d.1504) who was a backer of explorer Christopher Columbus
- Filmmaker brothers Joel or Ethan
- Ms. Helgenberger
- "Come on, Dover, move yer bloomin' "

- \_\_' - Eliza goading a racehorse in "My Fair Lady" (1964)
- Scottish captain of 17th-century seas
- Soak
- \_\_ degree
- Gridiron support
- "So what \_\_ is new?"
- Flyer's spot
- Santa's sack stash
- Poet
- Axillary
- 'L' of household cleaning brand CLR
- Newman's \_\_ (Salad dressing brand)
- Home of baseball's Mariners, briefly
- Young sheep
- Legendarily long living/lasting
- \_\_ Islands (Arctic Ocean archipelago in Nunavut)
- Airport tower [acronym]
- French coin of yore
- Notice: French
- "Lost" star, Daniel \_\_ Kim
- \_\_ Rock (Oz postcard photo)
- Tennyson poem, The \_\_ Eaters
- About 25 sheets of paper
- Lady's crown
- Singing legend Ms. James'
- Afterwardses
- \_\_ or neuter
- Loyal
- Says it's hunky-dory
- Tint
- Ford fabrication

# ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
There will be a certain amount of confusion this week, and maybe deliberate deception as well. Part of you instinctively knows the answers so listen to it you won't go far wrong.

**Taurus** April 21 - May 21  
You seem to be immensely popular, most likely due to the influence of Venus moving through the relationship area of your chart. So long as you don't take liberties others will do almost anything for you.

**Gemini** May 22 - June 21  
Your mind is focused on personal issues and until you have got them sorted out you won't be able to give the professional side of your life the attention it requires.

**Cancer** June 22 - July 23  
Cosmic activity in your fellow Water sign of Scorpio gives you the kind of can-do attitude that will get jobs done. But you find time to remind loved ones how much you care.

**Leo** July 24 - Aug. 23  
Don't let feelings get in the way of facts today. The Moon's eclipse of Venus in one of the more emotional areas of your chart means you won't be thinking straight, so keep your opinions to yourself.

**Virgo** Aug. 24 - Sept. 23  
Someone you meet on your travels could have an unexpected effect on your emotions. Be careful how you behave — what seems like a fling to you may be taken seriously by them.

**Libra** Sept. 24 - Oct. 23  
Money and status may be important to you but no matter how successful you are the most important things in life are your relationships. You are rich in love and that's what counts.

**Scorpio** Oct. 24 - Nov. 22  
Don't let anything stop you from having fun. Others may say you're being irresponsible but the more you let your hair down now the more work you will get done later.

**Sagittarius** Nov. 23 - Dec. 21  
It may seem as if the most interesting events are taking place elsewhere but is that true or is it just that you fear being left out? Don't worry. You will find the balance between getting work done and having fun.

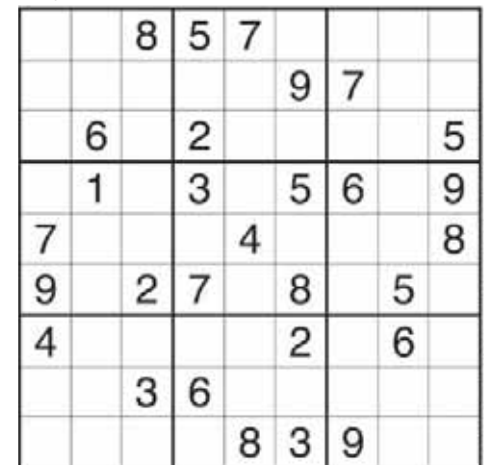
**Capricorn** Dec. 22 - Jan. 20  
You can afford to be generous as the new week begins, especially when dealing with people who have not been as fortunate as you. Remember to try not to judge others too harshly.

**Aquarius** Jan. 21 - Feb. 19  
If someone tries to abuse their authority today you must not let them get away with it. Find ways to let them see that they have let themselves down. Shame is a powerful weapon.

**Pisces** Feb. 20 - March 20  
Strike out in a new direction. Don't think about it or you will come up with a thousand reasons for not moving forward. Just act and deal with the consequences later.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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